



Brain Fog



Overview

This problem involves memory and concentration. It's a feeling that you're living in a haze. It's not the same as dementia or Alzheimer's disease. But it can make it hard to do the things you need to do.

Causes

What causes brain fog? It may be linked to hormonal changes. It may be linked to your lifestyle. You could have brain fog if you aren't getting enough sleep, eating nutritious foods or getting enough exercise. You could have brain fog because you're stressed, depressed or having anxiety. And, it can be caused by medications.

Brain fog from sickness

Brain fog is also connected to a wide range of medical conditions. Thyroid problems, lupus, multiple sclerosis and many other issues can cause it. We also see it in people who have had COVID-19 or other infectious diseases.

Symptoms

What are the symptoms? When you have brain fog, you may feel tired and unable to concentrate. You may feel forgetful and detached. You may misplace things and forget people's names. You may have to read something several times before you understand it or remember it. Brain fog can make it hard to get out of bed. And you may have trouble finishing a full day of work.

Treatment

How do we treat brain fog? Treatment depends on the cause of your problem. You may benefit from medications, lifestyle changes or other options. Your doctor will create a care plan that's right for you.